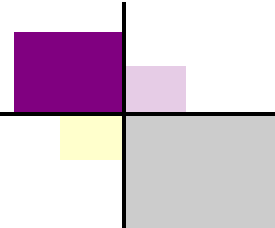


SILVER NOTES

Newsletter and Information for Senior Adults
Winter and Spring 2002

CELEBRATE OLDER AMERICANS MONTH



SENIOR AWARENESS DAY AT THE MALL

Spend the day at Coliseum Mall participating in line dancing, making crafts, and visiting booths such as Foster Grandparents, Peninsula Agency on Aging, RSVP, and AARP just to name a few. Call the center for the exact time and date.

HAMPTON SENIOR GAMES

"You Don't Stop Playing Because You Grow Old, You Grow Old Because You Stop Playing"

Persons 50 years old and older are invited to participate in athletic and social activities on Thursday, May 16 and Friday, May 17. Call the center for registration packet.

COMMUNITY INVOLVMENT IS AGELESS

RECOGNITION BANQUET

Join us as we celebrate the contributions of adults within the family, in the community and at work.

Friday, May 17, 2002
6:00 pm-9:00 pm

We are looking for persons to honor.
If you know someone 50 and older who has made a significant contribution in the Hampton Community, call us at 727-1602 to obtain a nomination form.

The Place for Positive Aging

Trips

~

Life Long Learning

~

Computer Classes

~

Health and
Fitness

~

Special Events

~

TGISNO

~

Socialization

MEET THE STAFF

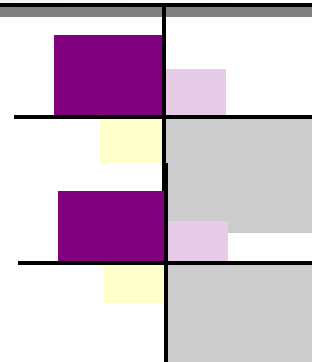
Beverly Thomas, Recreation Manager, 727-1602

Chuck Costas, Senior Recreation Professional, 727-1603

Susan Elswick, Recreation Professional, 727-1978

Stephanie Stacy, Recreation Professional, 727-1977

Alma Lynch, Green Thumb Worker, 727-1601



PROGRAM UPDATES AND INFORMATION

Advisory Group

Want to make a Difference?

The Friends of the Hampton Senior Center is an advisory group that provides citizen input into the development of senior leisure programs.

The current committee members have volunteered many hours of valuable service. We are seeking new members with a broad range of interests who can support the positive efforts of the senior service area.

Meetings are held at 9:00 am. on the second Thursday of each month. Please contact the staff if you would like to attend a meeting and learn how **you can make a difference.**

IMPORTANT

Checks and Money

For ease in daily financial transactions, we request that you pay for all trips or programs with a check or money order.



Mail In

Registration

You can now mail in registration to HSC, 3501 Kecoughtan Road, Hampton, VA 23661.

After registration form and payment are received at Parks and Recreation, you will receive a call from the senior center staff to acknowledge payment. A receipt will be mailed to you if you check the box on the registration form. Spaces are filled on first-come, first-serve basis. It is your responsibility to mail registration to be received by the deadline date.

Refund Policy

Refunds will only be given with a request one week prior to the deadline date.

Trip Fee Policy

Make checks and money orders for trips payable to the **City of Hampton**. Receipt of your check will confirm your reservation. All trips will be cancelled if minimum reservations are not reached.

Program Planning Round Table

We want to hear from you. You are invited to participate with the staff in their program planning. Tell where you want to travel, or what program or activity you want to see planned.

Summer planning meeting for the months of June, July, August, and September will be held
Thursday, April 4, 2002
1:00 pm

Fall planning meeting for the months of October, November, December, and January will be held
Thursday, August 1, 2002
1:00 pm

Winter/Spring planning meeting for the months of February, March, April, and May will be held
Friday, December 12, 2002
1:00 pm



Health and Wellness

CLASS	DESCRIPTION	DAY	TIME
People with Arthritis Can Exercise PACE	A chair exercise program for stretching and toning	MON WED, FRI	10:30 am 11:00 am
Moves and Grooves	Fast-paced video exercise program	TUE, THU	9:00 am FREE
Seniorcise	Low impact exercise program	TUE, THU	11:00 am FREE
Beginning Line Dancing	Slow paced with video	WED	2:30 pm FREE
Light Aerobics with Instruction	Class lead by a certified instructor	TUE, THU Beginning Feb. 5	2:15-3:15 pm \$28 for 6 weeks
Advanced Line Dancing	Fast-paced with video	TUE, THU Beginning Feb. 5	10:00 am FREE
Tai Chi	Gentle martial art	TUE, THU Beginning Feb. 5	1:30 pm \$60 for 4 weeks
Yoga	Increase flexibility, help in weight loss, promote concentration	WED Beginning Feb. 6	6:30 pm \$32 for 4 weeks

Information for Independent Living

- * Adult Day Care is available for persons with special needs through the Hampton Newport News Community Services Board. This is a comprehensive program of services and opportunities. For more information, call 825-8634.

Good News

- * Crafters - The ladies worked three days a week for the months of September and October making Christmas stockings for the Annual Senior Breakfast.
- * Thank you Third Baptist Church for the annual holiday luncheon for the seniors.
- * Thank you TRIAD Committee for the goody bags at the Annual Christmas Breakfast.
- * Retired senior volunteers put in 858 hours of their time in the past 6 months. Come and be a part of the "in-crowd".
- * Wythe Exchange sponsors monthly birthday parties, the last Friday of each month.
- * Thank you Elks Lodge for the annual Thanksgiving luncheon.

DAY AND OVERNIGHT TRIPS

GENERAL INFORMATION—Register early, our trips fill quickly. Trips are cancelled and refunds are given if minimum participation is not met. Unless otherwise noted, the last day to register for a day trip is 2 weeks before the trip date. **We accept checks or money orders only.** Make payable to the City of Hampton. To reserve your space, you must pay a deposit of at least 50 percent of the cost of the trip. (Trips \$4.00 or less must be paid in full at the time of registration). Trips are priced for senior adults 55 and older. Young adults are welcome. Most day trips leave from the Senior Center with an additional cost.

DATE	TRIP	FEE	REGISTER BY
Jan. 29	Mystery Trip	\$ 4.00	Jan. 3
Feb. 14	Play “Cat on the Hot Tin Roof”	\$ 4.00	Feb. 1
Feb. 21	Black History & Cultural Museum, Richmond, VA	\$ 23.00	Feb. 7
Feb. 23	Count Basie Orchestra at the Williamsburg Music Theatre	\$ 30.00	Dec. 30
Mar. 30	Mystery Trip	\$ 4.00	Mar. 3
Apr. 29	Broadway on Tour “Ellis Island Gateway to a Dream” Willet Hall, Portsmouth, VA	\$ 20.00	Mar. 1
May 20-23	Ocean City Chartered Trip (Call Susan Elswick if interested, 727-1978)	\$ 275.00	Initial \$25 deposit by January 15
June 20	Dover Downs Slots (Chartered) (Call Stephanie Stacey, 727-1977)	\$ 35.00	June 6
Jul. 8	Bush Neck Farm Pick Apples, peaches and blueberries	\$ 4.00	June 28
Aug. 6	Virginia Beach, VA	\$ 4.00	July 23
Sept.	State Fair (Chartered)	TBA	TBA
Oct.	Mountains (Chartered)	TBA	TBA
Nov. 25	Williamsburg, VA	\$ 4.00	November 11
Dec. 26-31	Disney World (Chartered)	TBA	TBA

Interested in Caribbean Cruise in 2002? Call Susan and put your name on the trip list!!

TRIP SUGGESTIONS ? ATTEND THE PROGRAM PLANNING ROUND TABLE

CLASSES AND SPECIAL ACTIVITIES

Life Long Learning



- * All classes will be held at the Senior Center.
- * The last day to register is one week before the class start date.
- * Use the form in the brochure to mail in your registration.

Floral Design #114. Design your own floral arrangement with silk flowers. Participants must furnish own supplies. Supplies: wire cutters, glue gun/sticks, ruler and scissors, flowers and container. **Beginner** TUE; 9:30 am-10:30 am Feb. 5-26; Mar. 5-26; Apr. 2-30. Fee \$10
Advanced TUE; 10:30 am-11:00 am, Feb. 5-26; Mar. 5-26; Apr. 2-30. Fee: \$10

Floral Design Class Outing. You must be registered in the class to participate in the outing. Visit the Norfolk Floral Warehouse. Lunch on your own. The trip is planned for Thursday, March 1. The last day to register is February 18. Fee: \$4

Beginner Ceramics. You will be introduced to the technique of cleaning, staining, glazing, and finishing green ware. Participants must furnish own supplies. Supplies: green ware and pants. Instruction is free, but you must pay for firing. THU; 11:00 am-12:00 pm; Feb. 7-28; Mar. 7-28; Apr. 4-28

Beginner Hand Quilting #147. Instruction includes drafting, piecing, and binding. You must furnish your own supplies. FEE: \$20. THU; 12:15 pm-1:00 pm; Feb. 7-28; Mar. 7-28; Apr. 4-28

Adult Beginning Drawing #101. You will learn the fundamentals of drawing to include lines, shape, form, and composition. Fee: \$20. MON; 10:00 am-11:30 am; Feb. 4-25; Mar. 4-26; Apr. 1-22

Tai Chi #314. The Chinese martial art of gentle movement. It can reduce stress, increase flexibility, and balance life energy. This is a 6-week class that meets once a week beginning February 5. Fee: \$60.

Light Aerobics. This is a perfect class for persons 55 and older. Low impact and weight training. This is a 7-week class that will begin February 5. Fee: \$28.

AARP Driving Refresher Course. Course for registered drivers age 55 and over. Class will be held April 29 and 30, from 9:00 am-1:00 pm. Cost is \$10 payable to AARP. Last day to register is April 22.

Computer Class. A free one day introduction to computers. This workshop will answer questions on basic computer skills. Please call the center to register and to get the exact dates for the class.

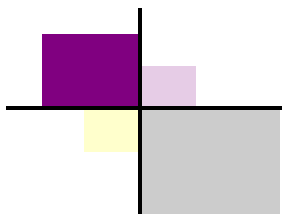
Pinochle Instruction. Learn to play one of the most popular card games. The class meets every Tuesday at 2:00 pm at the center. This class is free. Please call the center to register.

"Who Gets Grandma's Yellow Pie Plate". Workshop lecture series on non-title property (personal property) Tuesday, January 15, 2002, 1:00 pm. Last day to register is January 10.

Don't Forget !!!!!



**Program
Planning Round Table**



TGISNO

Thank Goodness It's Seniors Night Out

Chili Nights

January 18, 2002

6:30 pm

\$4.00

Register by January 4

Bingo Mania

March 22, 2002

7:00 pm

\$4.00

Register by March 8

Valentine Spaghetti Supper Night

February 15, 2002

6:30 pm

\$4.00

Register by February 1

Monte Carlo Auction

April 19, 2002

7:00 pm

\$4.00

Register by April 1

Seniors Morning Out

Green Pancake Breakfast

March 15, 2002

Enjoy pancakes and sausage
and fellowship

7:00 am - 9:00 am

\$4.00

Last day to register
is March 1

Register Early

21st Annual Forum on Aging

"Live Long and Prosper"

A day long forum on topics relevant to
today's older adult including financial
planning, pain management, healthy eating,
computers, health screenings, and more.

March 8, 2002

7:00 am - 3:00 pm

Christopher Newport University

If you have any questions, please call the
Peninsula Agency on Aging, 825-0541

Daily Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30a PACE 12:00p PAA Lunch 1:00p Dominos 1:00p Poetry 1:00p Senior Highlights 11:15a Chorus (1st & 2nd)	9:00a Moves & Grooves Card and Game Day 9:30a Beginner Floral Design 10:00a Line Dance 10:45a Advanced Floral Design 11:00a Seniorcise 1:00p Bingo 1:30p Tai Chi Book Group 2:00p Pinochle 2:15p Light Aerobics 3:00p Pickin' & Grinning	11:00a PACE 12:00p PAA Lunch 1:00p Dominos 1:00p Senior Highlights 2:30p Line Dance	9:00a Moves & Grooves 10:00a Line Dance 11:00a Seniorcise 11:15a Ceramics 12:15p Quilting 2:00p Quilting 2:15p Light Aerobics	10:00a Arts & Crafts 11:00a PACE 12:00p PAA Lunch 1:00p Arts & Crafts 1:00p Dominos
<div> <div> Club Scenes Call the center to get monthly updates <i>Lunch Bunch</i> - 1st Tuesday each month, 12:30 pm <i>Breakfast Club</i> - 2nd Monday each month, 8:30 am <i>Timeless Fashion Club</i> - 3rd Tuesday each month, 1:00 pm </div> <div> Try Something New Today!!!! </div> </div>				

ADDITIONAL ACTIVITIES

Card and Game Day all day.
The facility is open from 9:00 am to 4:00 pm. Bring your lunch and spend the day. The center provides free coffee and drinks.

Reading and Book Exchange Group meets the third Tuesday of each month at the Senior Center at 1:30 p.m. Call to get the name of the book for the month.

Pickin' and Grinnin' on Tuesdays at 3:00 pm. Bring your guitar for a time of playing folk, country, and other types of acoustic music. Join the fun and share your talent.

Afternoon at the Movies

January 4
February 1
March 1

Movies start at 2:30 p.m.
Call the center to get the name of the movie. **FREE POPCORN**

Real Estate Tax Relief for the elderly Persons 65 years and older or totally disabled persons may apply for exemption or reduction in real estate tax. TUE, WED, THU; February 5 - April 30, 9:00 am-11:30 am and 1:00 pm-2:30 pm.

AARP Tax Counseling for the elderly Counselors assist in preparation of income tax returns for the elderly. Every Tuesdays from February 5 - April 9, 1:00 p m - 5:00 pm.